

• TWEAK 9 •

SAVINGS CENTRAL

Use [this handout](#) to complete quick activities each day for the next 30 days. Activities range from saving receipts, to clearing out financial clutter, to creating a shopping list to keep you on track. This is a good starter to familiarize yourself with your financial habits. For more in-depth information about managing your finances check out the resources below.

SAVINGS TIPS



TAKE INVENTORY

Assess the current state of your finances. This means looking at your accounts, assessing your debt, and tracking your expenses. For more information on tracking spending, check out [January](#) & [February](#) Money 2020 Challenges.



PLAN

Determine which areas you need to focus on. Paying down debt? Reducing discretionary spending? Starting a college fund? Make a plan to work towards that goal. Check out the [March Money 2020 Challenge](#) to learn how to make a zero-based budget.



GET EDUCATED

If you decide that your finances need some serious help, reach out to the experts. Both UF and UF Health have [dedicated resources](#) to help you learn about your finances.

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FINANCIAL WELLNESS RESOURCES



Visit the [Financial Wellness page](#) to learn about UF and UF Health specific resources.



Check out resources and monthly challenges from [Money 2020](#).



Check out the [resources from UF's FLARE program](#) on Budgeting and Savings. UF Health employees should [sign into MyTraining](#) and search "Wellness Presents" for in-person financial workshops.



Dave Ramsey is a financial expert who [provides a variety of financial resources on his website](#), including a free tool to help you create a zero-based budget.